



East Boulder Recreation Center Lap Pool

OCTOBER



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am							
6:00am	BAM 5:40-7:00 *2 lanes		BAM 5:40-7:00 *2 lanes		BAM 5:40-7:00 *2 lanes		
6:30am							
7:00am	BAM 7:00-8:00 *3 lanes		BAM 7:00-8:00 *3 lanes		BAM 7:00-8:00 *3 lanes		
7:30am		Lap Swim 5:30-11:00		Lap Swim 5:30-11:00		BAM 7:30-9:00 *2 lanes	
8:00am	Lap Swim 8:00-9:15		Lap Swim 8:00-9:15		Lap Swim 8:00-9:30		
8:30am							
9:00am	H²O Fit *5 lanes		H²O Fit *5 lanes		H²O Fit *5 lanes		
9:30am						Swim Lessons 9:15-11:30 *6 lanes	
10:00am							
10:30am	Lap Swim 9:45-12:00		Lap Swim 9:45-12:00		Lap Swim 10:00-12:00		
11:00am		BAM 11:00-12:00 *5 lanes		BAM 11:00-12:00 *5 lanes			
11:30am							
12:00pm	BAM 12:00-1:00 *3 lanes		BAM 12:00-1:00 *3 lanes		BAM 12:00-1:00 *3 lanes		
12:30pm							
1:00pm							
1:30pm		Lap Swim 12:00-4:00		Lap Swim 12:00-4:00			
2:00pm	Lap Swim 1:00-4:00		Lap Swim 1:00-4:00		Lap Swim 1:00-4:00	Lap Swim 11:30-5:30	Lap Swim 9:00-7:30
2:30pm							
3:00pm							
3:30pm							
4:00pm	Boulder Swimming 4:00-6:00 *2 lanes	Boulder Swimming 4:00-5:30 *2 lanes	Boulder Swimming 4:00-6:00 *2 lanes	Boulder Swimming 4:00-6:00 *2 lanes	Boulder Swimming 4:00-6:00 *2 lanes		
4:30pm							
5:00pm							
5:30pm		5:30-6:00 *1 lane					
6:00pm		6:00-6:40 *4 lanes		EXPAND & Bldr Swim 6:00-7:00 *2 lanes			
6:30pm	6:00-7:30 *3 lanes	6:40-7:30 *3 lanes	6:00-7:30 *3 lanes	7:00-7:30 *6 lanes	6:00-7:30 *3 lanes		
7:00pm							
7:30pm							
8:00pm	Lap Swim 7:30-9:00	Lap Swim 7:30-9:00	Lap Swim 7:30-9:00	Lap Swim 7:30-9:00	Lap Swim 7:30-9:00		
8:30pm							
9:00pm							

*Indicates # of lap lanes available to public for lap swimming

****POOL SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME****

For more information call 303-441-4400 or go to www.boulderaquatics.org